

PLASTIC ACCEPTABLE

Must be rinsed and crushed
PET and HDPE (#1 and #2) – Look on the bottom of the container for the plastics number with the recycling arrows
Generally this includes soft drink, liquor, and water bottles
Oil and anti-freeze containers MUST be empty and CLEAN
Water, milk and juice containers
Laundry, bleach and cleaning containers

CAPS must BE REMOVED and placed in the trash.

PLASTIC NON – ACCEPTABLE

Plastic grocery bags	Sandwich baggies
5 gallon pails	Needles
Lids and caps	Plastic Silverware
Any container that held a hazardous material	
Brittle dairy food containers	

GLASS ACCEPTABLE

Clear, brown, green, and blue glass – rinsed with no caps
Food and beverage containers - rinsed

GLASS NON – ACCEPTABLE

Ceramic cups and plates	Light Bulbs
Drinking glasses	Heat-resistant ovenware
Mirror and windowpane glass	

METALS ACCEPTABLE

Aluminum cans (soft drink, juice & other beverage cans)
Steel (tin and soup cans, metal jar lids)
Aluminum pie tins and clean foil
RINSE all cans and foils for recycling
Aerosol cans (empty) that did not contain paint or pesticide

METALS NON – ACCEPTABLE

Paint Cans	Gas Cans
Any container that had previously contained a hazardous or toxic material	

PAPER (CLEAN AND DRY) ACCEPTABLE

Newspaper	Magazines
Phonebooks	Old mail
Greeting Cards	Flyers
Brochures	Folders
Paper bags	Catalogues
Old Statements	Soft cover books

CHIP BOARD / PAPERBOARD ACCEPTABLE

Paper food boxes – NO PLASTIC LINERS
Paper towel or toilet paper rolls (no tissue attached)
Writing pad backs Pizza boxes - not greasy

CORRUGATED CARDBOARD ACCEPTABLE

Any CLEAN waffled cardboard box not exceeding 2' x 2' when bundled

PAPER – CARDBOARD NON – ACCEPTABLE

Used tissues	Waxed paper
Plastic bags	Waxy cardboard
Soiled or greasy paper	Juice boxes

HOW TO PREPARE MIXED PAPER FOR COLLECTION

Remove all plastic bags
Remove any non-acceptable items and discard with trash

Place Mixed papers in any Brown Paper Bag, or bundle with string. Then placed “bagged papers” on top of your commingled containers and set out on your collection day.

If you have two bins, PLEASE PUT PAPER IN ONE BIN AND COMINGLE in a SECOND BIN.

Check the weather forecast for high winds or rain and keep your recyclables in for another week.

Keep your paper separate from the cans, plastic, and glass. Put commingle (glass, metal, plastic) in the bin and then stack papers on the top of your bin; or preferably, use a second bin for paper.

OTHER FREMONT RECYCLING & TRASH REMINDERS

- ◇ Please rinse your recyclables.
- ◇ Remove caps and covers and dispose of them in the trash.
- ◇ Bundle paper items together or put them in paper bags within your recycling bin.
- ◇ Plastics must all be CRUSHED before being placed in your bin. Only # 1 and # 2 plastics are recyclable.
- ◇ Corrugated cardboard must be broken down to 2 x 2 x 2 feet square or less and tied (bundled).
- ◇ Only clean cardboard is recyclable. Pizza boxes with any oil or grease on them cannot be recycled. (This may mean you can recycle the top of the box only).
- ◇ NO waxy cardboard is recyclable. This includes wax-coated juice containers, milk cartons, etc.
- ◇ No cardboard with plastic attached to it is recyclable. This would include oatmeal canisters, peanut/cashew canisters, or breadcrumb cans which are metal and cardboard together.
- ◇ Foil drink packs are NOT recyclable.
- ◇ No plastic bags can be used within your recycling bin (ie: for bundling of paper goods).
- ◇ All trash must be bagged before putting it in trash cans or other containers. This will help to eliminate stray trash from separating and blowing when the toter is dumped into the truck.
- ◇ Styrofoam of any kind is NOT RECYCLABLE.
- ◇ Consider taking plastic grocery bags back to the store for recycling; or getting paper bags. Fremont can recycle paper bags.
- ◇ Have your recycling containers and your toter at the curb by 6:30 am on your collection day.

If you have questions or need further information, please contact Waste

Management of NH at

800 847 5303

www.wmnhme.com

OTHER RECYCLING TIPS

- ❖ Start a compost pile in your backyard for food waste and yard clippings. You will be surprised how quickly it breaks down, reduces your household trash, and can be used for a potting supplement.
 - ❖ Look for items with less packaging; or packaging that is recyclable.
 - ❖ Take the plastic grocery bags back to the store where you shop. They are equipped to recycle their own plastics, and WM is not at the present time.
 - ❖ If you do not want to handle the plastics, ask for paper when your groceries are bagged. Or better yet, use cloth bags. Some stores (including Hannaford) give you at least five (5) cents credit for every cloth bag you use!
 - ❖ Shredded paper can be bagged in your paper recycling bin, so it will not blow or scatter.
 - ❖ Rinse and reuse plastic and Ziploc bags; or use plastic washable/reusable containers for lunches and snacks.
 - ❖ Paper recycling – is it clean and does it tear? IF YES, then recycle it!
 - ❖ GREEN SCHOOL PROJECT Recycle the following items at the Green School containers at the Town Hall and Ellis School:
 - Printer and ink cartridges from computer printers and fax machines
 - Cell phones, Blackberries, and PDA devices
- Going through Green School not only recycles, it gives money back to the Ellis School!

USING THE NEW TOTERS

- ❖ Roll the toter out to the curb by 6:30 am on collection day.
- ❖ The wheels should be facing the house (away from the street).
- ❖ Bag all trash within the toter.
- ❖ Place the cart no more than three (3) feet away from the curb and at least five (5) feet away from other containers, such as a fence or your recycling bins.
- ❖ No waste material left outside the toter will be collected.
- ❖ The truck's lifting arm needs five (5) feet on either side of the rolling cart to wrap around the container. Do not place carts behind parked cars or other obstructions. The automated truck-lifting arm is not able to reach behind trees or other objects.
- ❖ Place the cart away from low phone or electrical wires, low hanging tree branches or other overhead obstructions. A twelve (12) foot vertical clearance is necessary for the truck's lifting arm to elevate the cart.
- ❖ All refuse must fit in the container to that the lid is closed. No material may be sticking out of the container.
- ❖ Be sure the arrows on the lid are pointing towards the street and the hinges face away from the street. This allows the lid to open fully when the cart is tipped over above the truck bay. If the hinge faces the wrong way, the lid or hinges may be damaged.

ENERGY SAVING TIPS we can recognize by RECYCLING

1. Did you know that by recycling just one glass bottle or container you save enough electricity to power a 100 watt bulb for four hours?
2. For every ton of paper that is recycled, the following is SAVED: 7,000 gallons water, 380 gallons of oil, and enough electricity to power an average American home for six months.
3. Compost food and yard waste in a compost bin or create a compost pile in your yard. This will save money on trash pick-up by reducing tonnage, saving landfill space, and you can create your own rich soil. Be cautious of compost bins (like your birdfeeders) as hungry bears will paw thru them.
4. Go to www.catalogchoice.org and remove your name from the unwanted junk mail lists. Choose what catalogs you want to receive, and remove your name from the other mailing lists.

OTHER RECYCLING FACTS:

1. The average American used 650 pounds of paper each year. 100 MILLION TONS of wood could be saved each year if all that paper was actually recycled.
2. About 80% of what Americans throw away is recyclable, yet our recycling rate is only 28%.
3. Americans use 2.5 MILLION plastic bottles every hour! Most of them are thrown away ...
4. Every month Americans throw out enough glass bottles and jars to fill up a giant skyscraper (think: Empire State Building). All these jars are recyclable!
5. Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures a year! Ever heard of the [Great Pacific Garbage Patch](#)? It's twice the size of Texas and is floating somewhere between San Francisco and Hawaii. It's also 80 percent plastic, and weighs in at 3.5 million tons.
6. Recycling one ton (about 2,000 pounds) of paper saves 17 trees, 2 barrels of oil (enough to run the average car for 1,260 mile), 4,100 kilowatts of energy (enough power for the average home for six months), 3.2 cubic yards of landfill space, and 60 pounds of pollution.
7. The 17 trees saved by recycling a ton of paper can absorb a total of 250 pounds of carbon dioxide from the air each year.
8. If all our newspapers were recycled, we could save about 250 MILLION trees each year! If every American recycled just one-tenth (that's one out of ten) of their newspapers, we could save about 25 MILLION trees a year.
9. More than 20,000,000 Hershey's Kisses are wrapped each day, using 133 square miles of aluminum foil. Believe it not, ALL that foil is recyclable, but not many people realize it so most it goes in the trash!
10. Recycling one aluminum can saves enough energy to run a TV for three hours - or the equivalent of a half a gallon of gasoline. In spite of this, Americans throw away enough aluminum to rebuild our entire commercial fleet of airplanes every three months!
11. A typical family consumes 182 gallons of pop (aka soda), 79 gallons of juice, 104 gallons of milk, and 26 gallons of bottled water a year. That's a lot of containers - make sure they're recycled!

Source: www.dosomething.org